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ROYAL BURGH OF RUTHERGLEN



ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

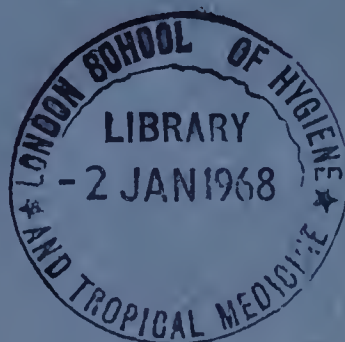
FOR THE YEAR

1966

BY

NAIRN R. COWAN

B.Sc., M.D., Ph.D., D.P.H., D.I.H.



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Public Health Department,
Rutherglen.

July, 1967

To the Provost, Magistrates and Councillors
of the Royal Burgh of Rutherglen and to
the Scottish Home and Health Department.

Mrs Hastie and Gentlemen,

I have the honour to submit the Annual
Report on the health of the Royal Burgh of Rutherglen in
accordance with Health and Welfare Services Circular No.
4/1967.

I wish to express my sincere thanks to all members of the
Town Council and in particular to the Convener and Mem-
bers of the Health Committee for their constant support and
interest; to other officials; and to the staff of the Public
Health and Welfare Departments.

I am, Mrs Hastie and Gentlemen,

Your obedient Servant,

NAIRN R. COWAN,
Medical Officer of Health

R E P O R T
of the
MEDICAL OFFICER OF HEALTH
for the Year 1966

VITAL STATISTICS

Area of the Burgh	1,228 acres
Population estimated to middle of 1966	25,854
Density of Population per acre	21.1

	Corrected Numbers	Rate per 1000 of estimated Population
Live Births (including Illegitimate)	506	19.6
Live Births (Illegitimate)	23	4.5 (a)
Still-Births	9	17 (b)

Deaths—

All Causes	354	13.7
Tuberculosis	—	0.0
Malignant Neoplasms	67	2.59
Bronchitis & Pneumonia	28	1.08
Road Transport Accidents	4	0.15
Home Accidents	7	0.27
Under 1 Year	12	24 (c)
Under 4 Weeks	8	16 (c)

(a) Rate per 100 live births.

(b) Rate per 1,000 total births (including still-births).

(c) Rate per 1,000 live births.

POPULATION

The estimated population of 25,854 shows a decrease of 99 in relation to last year's figure.

BIRTHS

The number of births corrected for usual residence was 506 of which 267 were males and 239 were females. The corresponding birth rate of 19.6 may be compared with the rate of 19.3 for the large burghs.

Illegitimacy.—The number of illegitimate births in 1966 was 23, giving a rate of 4.5

Still-births.—Still-births numbered 9, giving a still-birth rate of 17.

The still-birth rates for the past seven years were as follows—

1959	1960	1961	1962	1963	1964	1965
23	24	25	13	18	18	12

The number of hospital births in the Rutherglen area by hospitals is as follows:—

Bellshill	259
Stobhill	3
Robroyston	20
St. Francis	26
Beckford Lodge	33
Calderbank	31
Redlands	3
Ross	7
Royal Maternity	35
Belvidere	28
Eastern District	13
Queen Mother	5
Southern General	2
Hairmyres	1
								<hr/> 466 <hr/>

MARRIAGE RATE

259 marriages took place in the Burgh during the year, giving a rate of 10.0 per thousand of the population.

INFANTILE MORTALITY

The infantile mortality rate was 24 and the rates for the previous five years were—

1961	1962	1963	1964	1965
26	25	35	20	6

The causes of these deaths were—

	Male	Female
Infective Disease	1	0
Congenital Malformations	1	3
Birth Injuries, etc.	1	1
Other diseases peculiar to early infancy		
and immaturity unqualified	2	1
Accidents in the home	1	1
		<hr/>
		6
		<hr/>
		6
		<hr/>

DEATHS

In 1966 the total number of deaths registered in the Burgh was 288. There remains to be added 66 deaths of burgh residents occurring outwith the Burgh. This gives a corrected total of 354 deaths which represents 178 men and 176 women.

The causes of death classified according to systems were as follows—

Diseases of circulatory system (heart and blood vessels)	152
Diseases of the nervous system	51
Malignant tumours	67
Diseases of respiratory system	32
Death from violence	12
Diseases of the digestive system	10
Diseases of the genito-urinary system	8

MATERNAL DEATHS

There were no maternal deaths in the Burgh during 1966.

CARE OF EXPECTANT AND NURSING MOTHERS AND CHILDREN UNDER SCHOOL AGE

The Clinics provided by the Local Health Authority and the work undertaken are as follows—

A—Ante-natal and Post-natal Services.

The Local Authority provides one Clinic for Ante-natal and one for Post-natal care. The number of women who attended during the year for Ante-natal examinations was 458 and for Post-natal examinations 140. Of these numbers the new cases were 338 and 108 respectively, and the number who were hospital cases were 440 and 140 respectively. The number of sessions held with hospital staff in attendance was 52 for Ante-natal and 52 for Post-natal assessment.

During the year 49 Maternity Outfits were issued free.

The Gynæcological Clinic of the Western Regional Hospital Board held 45 sessions during the year and examined 185 new cases with, in addition, 249 repeat visits.

B—Child Welfare Clinics in Local Authority Premises.

The number of children who attended once or more often during the year by year of birth was—

(a) Born in 1966 ...	354
(b) Born in 1965 ...	429
(c) Born in 1962-64	432
(d) Born in 1961 ...	100

One hundred and thirty sessions were held by the Medical Officer and 130 by health visitors.

The number of premises in use at the end of the year for sessions shown in Parts A and B above was one purpose built and one in church premises at Fernhill.

C—Child Welfare.

(1) The number of children referred to the family doctor or for specialist treatment or advice as a result of a medical examination by year of birth was—

Born in 1966	8
Born in 1965	14
Born in 1961–64	16

(2) The number of children on “At Risk” register at end of year, and who were receiving special supervision was as follows:—

Born in 1966	10
Born in 1965	19
Born in 1961–64	30

Immunisation and Vaccination.

Clinic sessions were held each week for the purpose of vaccination against smallpox and poliomyelitis, and immunisation against diphtheria and whooping cough. B.C.G. vaccination was carried out as required.

Early Ascertainment of Defects of Vision.

The staff keep in mind when coming into contact with young children in the district, day nurseries, or elsewhere, the importance of early referral of doubtful cases. In 1966 there were no such referrals.

Welfare Foods.

The distribution of welfare foods for the year has been as follows—

National Dried Milk—Full Cream	...	5,436 tins
Half Cream	...	23 tins
Orange Juice	...	10,190 bottles
Cod Liver Oil	...	1,500 bottles
Vitamin A and D	...	328 packets

Distribution continues and the public takes full advantage of the service provided.

D—Dental Care.

The numbers treated during the year are shown in the following table—

	No. Inspected by Dental Officer during the year.	No. found to require treatment during the year.	No. accepting treatment during the year.	No. actually treated by Dental Officer during the year.
Expectant Mothers	42	42	42	42
Nursing Mothers	4	4	4	4
Pre-School Children	11	11	11	11

E—Mother and Baby Homes.

No provision of this nature is available in the Burgh.

F—Day Nurseries.

The Local Health Authority provides one Day Nursery, namely, the Rutherglen Children's Nursery, 41 Chapel Street, Rutherglen, the details of which are as follows—

- (1) The Day Nursery is not approved for training.
- (2) Number of approved places—
 - (a) 0-2 years of age 8
 - (b) 2-5 years of age 28
- (3) Number of children on register at end of year —
 - (a) 0-2 years of age 8
 - (b) 2-5 years of age 28
- (4) Average daily attendance during year—
 - (a) 0-2 years of age 8
 - (b) 2-5 years of age 24
- (5) Waiting list at end of year—
 - (a) 0-2 years of age 48
 - (b) 2-5 years of age 34

The total number of attendances for the year was 7,598, an increase of 95 over last year's figure.

Within the Nursery the following infectious diseases occurred—

- 21 cases of measles;
- 18 cases of chicken-pox;
- 1 case of German measles;
- 1 case of mumps.

Forty-one children left during the year to go to school on reaching the age of five years.

F—Residential Nurseries.

There is no residential nursery in the Burgh.

CERVICAL CYTOLOGY

The number of cervical smears carried out by age are as follows—

Years	No.
20-24 	19
25-29 	18
30-34 	20
35-39 	30
40-44 	28
45-49 	25
50 and over 	30
	<hr/> 170 <hr/>

No. of subsequent visits—263.

MIDWIFERY SERVICE

The Work of the Domiciliary Midwife

1. The number of domiciliary confinements attended by midwives under National Health Service arrangements was 41 and all had a doctor booked.

The number of hospital (including private maternity home) booked cases where ante-natal care was carried out by the domiciliary midwife was nil.

The number of cases delivered in hospitals and other institutions but discharged and attended by domiciliary midwives was 16.

The number of midwives who made all, or nearly all, of their visits by car was three.

2—Premature Births.

The number of premature births was 34 of whom 25 were born in hospital, one in a private Maternity Home and eight were still-births.

Of the 25 born in hospital two died within 24 hours of birth.

Of the 25 one weighed 2 lb. 3 oz., or less; six were over 3 lb. 4 oz. up to and including 4 lb. 6oz.; five were over 4 lb. 6 oz., up to and including 4 lb. 15 oz. and twelve over 4 lb. 15 oz. up to and including 5 lb. 8 oz.

HEALTH AND TUBERCULOSIS VISITING

1—Number of home visits and cases—

Visited by Health Visitors, i.e., Certificated						(1)	(2)
Health Visitors and others doing health						Number	Number
visiting work						of cases	of visits
1	Expectant Mothers	122	157
2	Children born in 1966	573	1946
3	Children born in 1965	243	1073
4	Children born in 1961-64	886	3136
5	School children	—	—
6	(a) Persons aged 65 and over	28	36
	(b) Persons included above who were visited at the special request of a general practitioner or hospital	—	—
7	(a) Mental Health: care and after-care	7	50
	(b) Persons included above who were visited at the special request of a general practitioner or hospital	—	—
8	(a) Other hospital aftercare	4	4
	(b) Persons included above who were visited at the special request of a general practitioner or hospital	3	4
9	Tuberculous households	30	96
10	Other infectious diseases	36	36
11	Other	510	755
						2442	7293

2—The total attendances by Health and Tuberculosis visitors were 630 in local Health Authority Clinics and 208 in Chest Clinics.

The type of clinics attended were Ante-natal, Post-natal, Child Welfare, Immunisation, Geriatric and Gynæcological.

HOME NURSING

Of 275 persons nursed during the year, 126 or 45.8 per cent., were aged 65 or over at first visit in 1966 and two were aged under 5 years. The total number of visits was 7,565.

DOMESTIC HELP

The number of part-time domestic helps employed at the

end of the year was 56, and the number of households provided with home help was 158. These 158 households represented 126 aged 65 years or over on first visit in 1966, and the remainder aged under 65 years was composed of 9 chronic sick, 14 maternity, no mentally disordered, and 9 others.

VACCINATION AND IMMUNISATION

- | | |
|---|-----|
| 1—Number of persons primarily vaccinated against small-pox during the year:— | |
| (a) Takes | 141 |
| (b) No Takes | — |
| (c) Not examined | — |
| 2—Number of persons re-vaccinated against smallpox during the year:— | |
| (a) Takes | 71 |
| (b) No Takes | — |
| (c) Not examined | — |
| 3—Number who have completed a full course of primary vaccination or immunisation against:— | |
| (a) Diphtheria | 2 |
| (b) Tetanus | — |
| (c) Pertussis | — |
| (d) Diphtheria and Pertussis | — |
| (e) Diphtheria and Tetanus | — |
| (f) Pertussis, Diphtheria and Tetanus | 438 |
| 4—Number who received maintenance inoculations against:— | |
| (a) Diphtheria | 4 |
| (b) Tetanus | — |
| (c) Pertussis | — |
| (d) Diphtheria and Pertussis | — |
| (e) Diphtheria and Tetanus | — |
| (f) Pertussis, Diphtheria and Tetanus | 106 |

All means of publicity were employed to draw parents' attention to the need for vaccination and immunisation.

Poliomyelitis Vaccination.

The scheme for vaccination against poliomyelitis continues in the Burgh of Rutherglen. Information concerning the programme is carried by the local press, and through general practitioners, and others. The number vaccinated was as follows:—

Children born in 1966	153
Children born in 1965	322

Children born in 1964	93
Children born in 1963	59
Children born in 1962	42
Children born in years 1944-1961	38
Young persons born in the years 1934-1943	4
Others	3
Reinforcing Doses	462

INFECTIOUS DISEASES

There is an increase in the number of notified cases of infectious disease from 35 in 1965 to 46 this year.

TABLE 1
Monthly Incidence of Infectious Diseases, 1966

DISEASE	Jan.	Feb.	March	April	May	June	July	August	Sept.	Oct.	Nov.	Dec.	Total
Dysentery	-	-	-	-	-	-	-	1	-	-	1	-	2
Pneumonia, Acute Primary ...	6	5	2	-	-	-	1	1	1	3	1	-	20
Scarlet Fever	3	-	1	1	-	-	-	-	-	-	-	-	5
Whooping Cough	-	-	-	-	2	1	2	1	-	3	9	1	19
Total	9	5	3	1	2	1	3	3	1	6	11	1	46

TUBERCULOSIS

TABLE 2

Deaths from Respiratory Tuberculosis, 1896-1965

	Number of Deaths	Mortality Rate per 1000 of Population
1896—1900	145	2.02
1901—1905	116	1.39
1906—1910	132	1.15
1911—1915	114	0.89
1916—1920	111	0.81
1921—1925	89	0.72
1926—1930	110	0.72
1931—1935	85	0.66
1936—1940	89	0.53
1941—1945	85	0.72
1946—1950	92	0.73
1951—1955	39	0.30
1956—1960	20	0.16
1961	2	0.09
1962	2	0.08
1963	—	—
1964	1	0.04
1965	4	0.15
1966	—	—

TABLE 3

Number of Cases Confirmed as Suffering from Tuberculosis,
1966

		AGE GROUPS								Total
		Under 1	1 and under 5	5 and under 15	15 and under 25	25 and under 35	35 and under 45	45 and under 55	55 and under 65	
Respiratory:										
Males ...	—	—	—	—	2	3	—	2	1	8
Females ...	—	—	—	—	1	—	1	—	—	2
Total ...	—	—	—	—	3	3	1	2	1	10
Non-Respiratory:										
Males ...	—	—	—	—	—	—	—	—	1	1
Females ...	—	—	—	—	—	—	—	—	—	—
Totals ...	—	—	—	—	—	—	—	—	1	1

At the end of 1966 there were 253 persons on the tuberculosis register, and of that number 225 suffered from respiratory tuberculosis.

The distribution of new cases of tuberculosis over the various wards in the Burgh during the year 1966 is shown in Table 4.

TABLE 4

Wards	Respiratory Tuberculosis	Non-Respiratory Tuberculosis
Burnhill	2	—
Castle	1	—
Gallowflat	2	—
Stonelaw	1	—
Fernhill	4	1
	—	—
	10	1
	—	—

The number of respiratory cases resident in the Burgh who received treatment in sanatoria or other institutions during the year is shown in Table 5.

TABLE 5

	In Hospital on January 1	Admitted during the year	Discharged during the year	Died in Hospital	In Hospital on December 31
Under 15 years					
Male	—	—	—	—	—
Female	—	—	—	—	—
15-44 years					
Male	2	7	5	—	3
Female	2	1	1	—	—
45 years and over					
Male	2	13	11	—	3
Female	—	—	3	—	—
Total	6	21	20	—	6

B.C.G.

During the year 18 male and 18 female contacts of tuberculosis cases were vaccinated with B.C.G. 51 male and 55 female babies were vaccinated at birth.

Under the school B.C.G. programme 57 male and 48 female school leavers were vaccinated.

CARE AND AFTER-CARE

Visitations by Health Visitors	133
Attendances at Dispensary	901
Patients granted free milk	3

Health Visitors carry out a comprehensive scheme of home visitations. This year 133 visits were paid to tuberculosis households. These visits are carried out regularly by the staff and their advice and help is always available to meet any problems which may arise.

Necessary equipment is made available permanently, or by way of loan.

Extra nourishment amounting to 1 pint of milk per day for active cases of pulmonary tuberculosis is provided. There is no hard and fast rule as to length of time an individual continues to receive milk, but in general the issue of milk stops when the tuberculosis process ceases to be active.

There is a special housing list for those suffering from tuberculosis.

Care of Spastics and Epileptics

Three children under school age attend a Day Centre for spastics.

Prevention of Break-up of Family Life

No action was taken under this heading.

Convalescent Home Provision

The Local Health Authority is a subscriber to a Convalescent Home. This permits the Medical Officer of Health to give those who are in need, a fortnight's holiday free of cost to themselves. This arrangement is most satisfactory and has been used especially in relation to the aged.

Chiropody Service

A chiropody service is provided by the Local Health Authority for people over pensionable age. The chiropodist is employed on a part-time basis for five 3-hour sessions each week.

A nominal charge of 1/6 is made for each visit but there is no means test and if an old person states that he cannot pay the charge the Medical Officer of Health may waive the 1/6 wholly or in part. Those who wish to do so may pay more than the 1/6.

THE CONSULTATIVE HEALTH CENTRE FOR OLDER PEOPLE

The work of this Centre continues unaltered

PREVENTION OF HOME ACCIDENTS

The Rutherglen Home Safety Committee was formed in October, 1958, and since that date this committee has held regular meetings within the premises of the Public Health Department, usually on Monday evenings at 7.45 p.m. A team of speakers has been formed to address local meetings on the subject of the prevention of accidents in the home. The public is further informed by the distribution of publicity material, comments in the newspapers, and local exhibitions.

COMMUNITY CARE

An adequate nursing and social work service is provided in Rutherglen for the after-care of patients discharged from general, geriatric and mental hospitals. When the hospital staff informs this department of a discharge, routine domiciliary visit is made together with assessment of need and its implementation.

HANDICAPPED CHILDREN

Supportive services for the mothers of severely handicapped children are provided by the staff of the Health and Welfare Departments.

RESEARCH

Research during the year represents a continuation of a study of ageing people which has been taking place over the last decade. Attention is now being given to the follow-up of survivors of the people seen in earlier years. The influence of age on heart size and muscle strength has been investigated. In the sociological side data are being collated to see if it is possible to assess the needs of older people.

DISABLED PERSONS

The number of disabled persons who were assisted in having their homes adapted to enable them to overcome their handicaps was 10—the provision of a low bath, 3; hand rail, 5; ramp, 2. The cost of such adaptations was £152. The number awaiting provision of such facilities is nil.

HEALTH EDUCATION

The methods employed in dealing with health education continue on the lines of previous years. Talks on health were given to local organisations, some being arranged through the Scottish Council for Health Education, while others were given by the Medical Officer of Health or Health Visitors.

Smoking and Lung Cancer

Relevant publicity material was circulated to interested organisations.

MENTAL HEALTH SERVICES

The Mental Health Services now function in terms of our proposals formulated under the Mental Health (Scotland) Act, 1960.

Mental Disorders

(1) The information relating to informal patients is as follows:—

	Male	Female	Total
Resident at 31/12/65	29	49	78
Direct Admission since	19	30	49
Transferred from Detained Roll ...	3	5	8
	51	84	135
Discharged since	13	23	41
Detained since	—	1	1
Died since	4	7	11
Remaining resident at 31/12/66 ...	29	53	82

(2) The information relating to detained patients is as follows:—

	Male	Female	Total
Patients resident at 31/12/65	9	2	11
Direct Admissions	4	7	11
	13	9	22
Discharged since	1	2	3
Died since	—	—	—
Transferred to Informal Roll ...	12	7	19
	3	5	8
Patients resident at 31/12/66 ...	9	2	11

Mental Deficiency

(a) Cases in Mental Deficiency Institutions are as follows:—

	M.	F.	Total
Kirklands Inst. for Mental Defectives ...	2	5	7
Birkwood Inst. for Mental Defectives ...	6	2	8
Larbert Inst. for Mental Defectives ...	1	—	1
St. Joseph's Inst. for Mental Defectives ...	2	—	2
Lennoxcastle Inst. for Mental Defectives	1	—	1
(b) Under Informal Supervision ...	4	3	7

16 10 26

These 26 individuals are in the following age groups:

Years	No.
2 — 10	2
11 — 15	3
16 — 21	1
22 — 30	3
31 — 40	5
41 — 50	3
51 — 60	5
60 and over	4

Senior Occupational Centres

Eighteen mentally handicapped persons attend Senior Occupational Centres.

Short-Stay Holiday Home

Two mentally handicapped children were admitted to a short-stay holiday home during the year. One for a period of two weeks and one for a period of seven weeks.

Residential Sheltered Workshop

One mentally handicapped male receives the benefit of this facility in Hansel Village, Symington, and two females in Epileptic Colony, Bridge-of-Weir.

BLIND PERSONS

At 1st January, 1966, the total number of blind persons registered in the Burgh was 54. Two new cases were registered during the year, 7 died and one transferred to another area, leaving a total of 48 cases on the Register at 31st December, 1966.

The blind persons fall into the following age groups:—

	1-17	18-29	30-39	40-49	50-69	70 and over	Total
Female	2	1	—	2	7	18	30
Male	1	1	—	1	9	6	18
	3	2	—	3	16	24	48

Twelve Blind persons were supplied with Free Travel Passes.

WELFARE SERVICE

(a) Residential Accommodation

At 1st January, 1966, there were 6 persons in residential accommodation outwith the Burgh and one was added to roll. At 31st December, 1966, the figure was 7.

	A G E G R O U P S				Total
	51-60	61-70	71-80	80 and over	
Craigholme Eventide Home, Bearsden	—	—	—	3	3
Eventide Home, Burnside	—	—	1	1	2
Foresthall, Glasgow	—	1	—	—	1
Mayburn House, Loanhead	—	—	—	1	1
	—	1	1	5	7

BLAIRTUM PARK HOUSE

The admissions, discharges and deaths during the year 1966 were as follows:—

	M.	F.	Tl.
Number of residents at 31st December, 1965	11	11	22
Number of admissions during 1966	4	4	8
Number of Discharges during 1966	1	—	1
	14	15	29
	M.	F.	Tl.
Number transferred to hospital	5	4	9
Number died	1	—	1
	6	4	10
Total number of residents at 31st Dec., 1966	8	11	19

(b) **Registration and Inspection of Disabled or Old Persons Homes.**

No action was taken under this heading.

(c) **Removal of Persons in Need of Care and Attention.**

No action was taken under this heading.

(d) **Care of Property.**

No action was required under this heading.

(e) **Interments.**

No cases dealt with under this heading.

FACTORIES ACTS, 1937 AND 1948 INSPECTIONS

Premises	Number on Register	Inspections	Number of Notices		Occupiers prosecuted
			Written	Verbal	
(i) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities	9	6	-	1	-
(ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority	92	33	-	8	-
(iii) Other Premises in which Section 7 is enforced by the Local Authority† (excluding out-workers' premises)	21	43	-	15	-
TOTAL	122	82	-	24	-

† i.e. Electric Stations [Section 103 (1)], Institutions. (Section 104) and sites of Building Operations and Works of Engineering Construction (Section 107 and 108).

The following Table gives particulars regarding cases in which Defects were found:—

Particulars	Number of cases in which defects were found			By H.M. Inspector	Inspector
	Found	Remedied	To H.M. Inspector		
Want of Cleanliness (S.1) ...	17	17	—	—	—
Overcrowding (S.2) ...	—	—	—	—	—
Unreasonable temperature (S.3) ...	—	—	—	—	—
Inadequate ventilation (S.4) ...	—	—	—	—	—
Ineffective drainage of floors (S.6) ...	—	—	—	—	—
Sanitary Conveniences (S.7)—					
(a) Insufficient ...	5	2	—	—	—
(b) Unsuitable or defective ...	7	7	—	—	—
(c) Not separate for sexes ...	—	—	—	—	—
Other offences against the Act (not including offences relating to Outwork) ...	—	—	—	—	—
TOTAL ...	29	26	—	—	—

